

Take me home!



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If you had a dollar for every time you heard, “This place would be way better if...”, or “Why doesn’t somebody...”, how many dollars would you have? What about for every time that you SAID one of those things? I once saw it written, “Volunteering is the rent you pay for living in a community”, and this has been stuck in my head ever since. There are a lot of benefits to volunteering - spending time with friends, meeting new people, learning new skills, building healthy communities, making memories, the list goes on and on. One of the fantastic things about Greenstone is that there are dozens of opportunities to get involved in every community, both formally or informally. Whether helping out at a Fish Derby, Skate with Santa, Canada Day celebration or other organized event, to picking up trash, shoveling the sidewalk for a senior, or babysitting the neighbor’s kids for the afternoon, there are countless ways to become involved.

This year we are celebrating Canada’s 150th birthday. What is your favourite part about living in this country? The landscape? The food? The freedom? For me, it’s the people. Not only the people who helped “discover” Canada 150 years ago, but the people who have lived on this land for the thousands of years before that, as well as the people who have recently been fortunate enough to make this country their home and contribute to this wonderful mosaic. We are stronger together - take some time to not only learn from and about your community, but to share your gifts and talents as well. Can’t find anything that interests you? Start something. I guarantee, if you build it, not only will they come, they will love it.



Photo by: Seema Parameswaran

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## No-Bake Triple Layer Lemon Pudding Pie

- 1 ready-to-use graham cracker or shortbread crust
- 2 packages (3.4 oz each) lemon instant pudding
- 2 cups whole milk
- 1 tablespoon fresh lemon juice (about 1 lemon)
- 1 1/2 cups heavy whipping cream
- 3 tablespoons powdered sugar

Combine lemon instant pudding mix, whole milk, and fresh lemon juice in a mixing bowl. Whisk together until pudding is thick (about 2 minutes). Spread 1 1/2 cups onto the prepared crust.

Beat the heavy whipping cream and powdered sugar in the bowl of a stand mixer, or with a handheld blender, until stiff peaks form. This takes about 5 minutes.

Add half of the freshly whipped cream into the remaining lemon pudding mix and whisk together until combined. Spread over the lemon pudding in the pie crust.

Top the pie with the remaining whipped cream. Cover and refrigerate for at least 3-4 hours before serving. For best results make the night before and let it sit in the fridge overnight.

Note: If you don't want to whip your own cream simply use an 8 ounce tub of Cool Whip. Combine half of it with the remaining lemon pudding mix and the other half for the top layer of the pie.

<http://togetherfamily.com/2017/04/no-bake-triple-layer-lemon-pudding-pie/>

**It's one thing to do the word search, but can you also correctly label the map?**

R J K I H H T I I X T Y X J C A Y Z S N  
 O Y C G O C G Z R Z G E X C I U J A E E  
 N E W B R U N S W I C K Z B C R S A Q W  
 T P M D W P B C F X X Q M C U K W B L F  
 A I T O C S A V O N U U U D A Z X O F O  
 R O Q F L P R C A E L E P T E H W T W U  
 I P I X S K C T B O F Z C K F Z R I T N  
 O D P Z F S R E C E N H J H R R I N M D  
 Z H S Q W E C H W Q E K E J E P H A C L  
 B F C B B K S T U W N U N A V U T M B A  
 D N A L S I D R A W D E E C N I R P C N  
 W J A Z T X D N O K U Y W B I C I S L D  
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 N O R T H W E S T T E R R I T O R I E S  
 W B N J H A J B Q Y D R F B I N R U Z H

Alberta  
 British Columbia  
 Manitoba  
 New Brunswick  
 Newfoundland  
 Northwest Territories  
 Nova Scotia  
 Nunavut  
 Ontario  
 Prince Edward Island  
 Quebec  
 Saskatchewan  
 Yukon



When we think of summer, it is usually as a time to relax, spend time outdoors and recharge our batteries. In reality, we often get caught up in countless household projects, social activities and obligations or racing back and forth to camp in our “free time” making sure that the needs of everyone around us are being met - “Does everyone have sunscreen, snacks, water etc? Where is your hat?!”

Let’s not forget to take a moment to stop every once in a while to actually enjoy these times. Put down our phones, look up and actually be present in the moment. It does wonders for the body and soul. If you feel stuck for ideas to fill your days, use this challenge as inspiration - adding things that have always been on your bucket list, and skipping the things that don’t appeal to you.

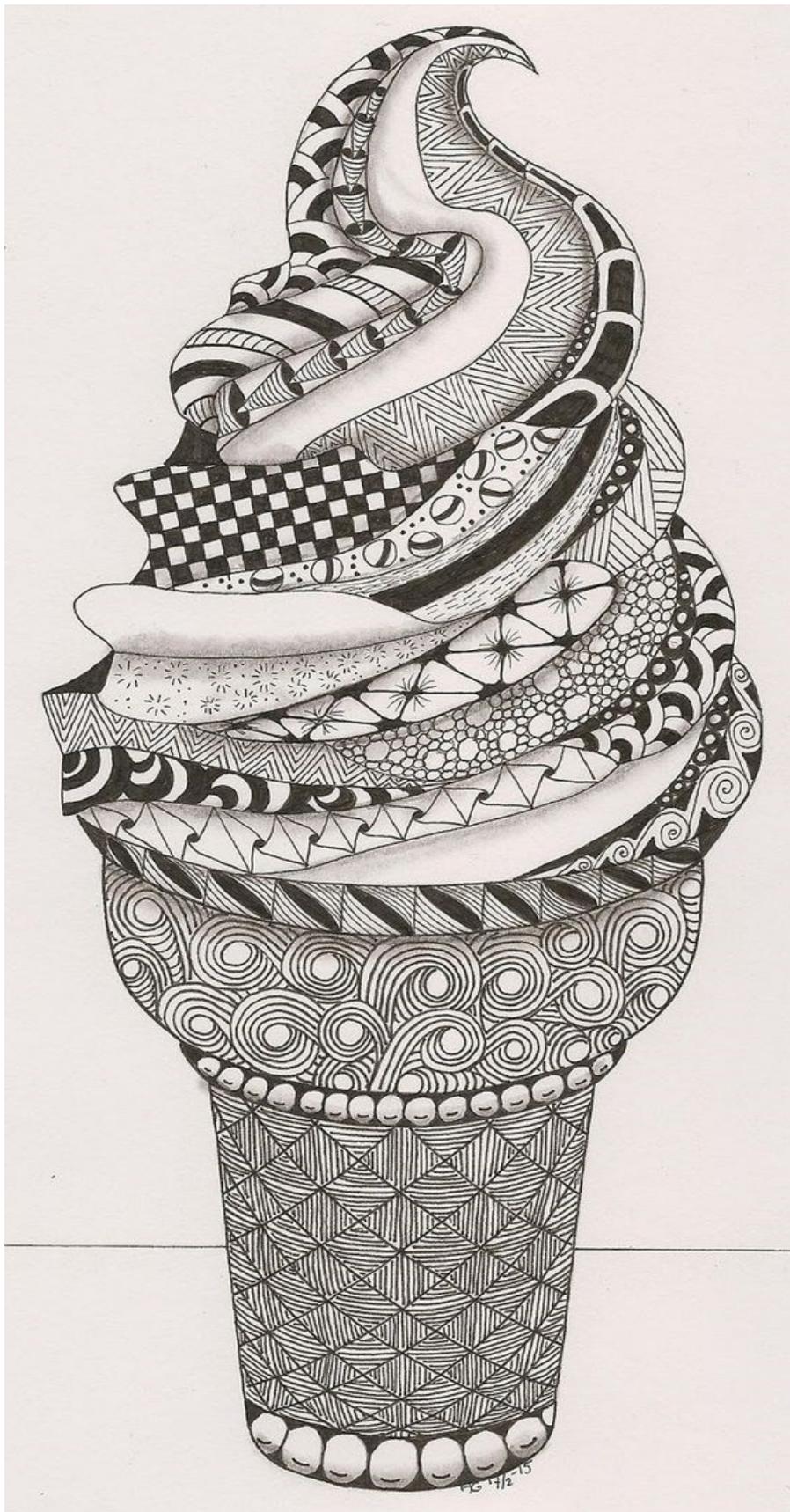
**The most important thing is to make time to enjoy yourself and actually enjoy it!**

# Summer Self-Care Challenge

<b>Day 1</b> Make a list of goals for the month	<b>Day 2</b> Sit outside and meditate	<b>Day 3</b> Make lemonade or lemon water. Sip slowly + savor	<b>Day 4</b> Go on a hike or nature walk	<b>Day 5</b> Spend time in water or sprinklers!
<b>Day 6</b> Water guns bubbles sidewalk chalk	<b>Day 7</b> Have a picnic or take your lunch in the park	<b>Day 8</b> Unplug from technology for the day	<b>Day 9</b> Intentionally drink 8+ cups of water today	<b>Day 10</b> Make a fruit salad
<b>Day 11</b> Go out for ice cream	<b>Day 12</b> Relax to the sounds of nature	<b>Day 13</b> Body love! Wear what makes you feel pretty	<b>Day 14</b> Listen to your favorite summer songs	<b>Day 15</b> Ask yourself "What do I need today?"
<b>Day 16</b> Wake up early and watch the sunrise	<b>Day 17</b> Make your own popsicles	<b>Day 18</b> Eat watermelon or your fav summer fruit	<b>Day 19</b> Take a nap in the middle of the day	<b>Day 20</b> Make plans to visit a Farmer's Market
<b>Day 21</b> Roast marshmallows/ make smores	<b>Day 22</b> Have a BBQ	<b>Day 23</b> Stay inside + read your fav book	<b>Day 24</b> Try squirt gun painting Get creative!	<b>Day 25</b> Take tons of pictures today
<b>Day 26</b> Outside Yoga practice or simple stretches	<b>Day 27</b> What do you need to walk away from?	<b>Day 28</b> Do a bit of re-organizing	<b>Day 29</b> Write something beautiful	<b>Day 30</b> Go stargazing (Delta Aquarid meteor shower)
<b>Day 31</b> Revisit your goals from Day 1				

Use the hashtag #summer self care

For more self-care challenges visit  
BlessingManifesting.com



<http://www.boredart.com/2016/02/the-incidental-art-of-doodling-and-why-it-is-so-fascinating.html>

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Learn more about our services and programs!

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